

Claims

1. Breakfast cereals with decreased soaking after liquid is added, **characterised** in that the cereals comprise from 2.2 to 25 weight-% plant sterol esters.
2. Breakfast cereals according to claim 1, wherein the cereals comprise from 5 to
5 50 weight-% sugar.
3. Breakfast cereals according to claim 1 or 2, wherein the cereals are toasted.
4. Breakfast cereals according to any one of claims 1 to 3, wherein the cereals comprise from 2.5 to 15 weight-%, preferably from 2.7 to 10 weight-% plant sterol esters.
- 10 5. Breakfast cereals according to any one of claims 1 to 4, wherein the cereals comprise from 8 to 30 weight-%, preferably from 10 to 20 weight-% sugar.
6. Breakfast cereals according to any one of claims 1 to 5, wherein the plant sterol esters comprise from 0 to 100 weight-%, preferably at least 10 weight-%, more preferably at least 50 weight-%, even more preferably at least 70 weight-% and
15 most preferably at least 90 weight-% stanol fatty acid esters.
7. Breakfast cereals according to any one of claims 1 to 6, wherein the plant sterol esters comprise from 0 to 100 weight-%, preferably at most 90 weight-%, more preferably at most 50 weight-%, even more preferably at most 30 weight-% and most preferably at most 10 weight-% sterol fatty acid esters.
- 20 8. Breakfast cereals according to any one of claims 1 to 7, wherein the cereals comprise from 3.5 to 60 weight-%, preferably from 5 to 60 weight-% and most preferably from 10 to 60 weight-% dietary fibre.
9. Breakfast cereals according to any one of claims 1 to 8, wherein the cereals comprise from 17.5 to 50 weight-%, preferably from 18 to 50 weight-%, more preferably from 20 to 50 weight-% sugar.
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10. Breakfast cereals according to claim 9, wherein the cereal portion comprises at least 50 weight-%, preferably at least 70 weight-%, most preferably at least 90 weight-% of puffed and/or extruded cereals.

11. A method for decreasing soaking of breakfast cereals after liquid is added characterised in that from 2.2 to 25 weight-% plant sterol esters is added to the breakfast cereals.